



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." ~ Mattie Stepanek

October, 2017

The Great Fire and the Little Water

Among the Aztec people of Mexico, it is said that a long time ago there was a great fire in the forests that covered our Earth. People and animals started to run, trying to escape from the fire. Our brother owl, Tecolotl, was running away also when he noticed a small bird hurrying back and forth between the nearest river and the fire. He headed towards this small bird.

He noticed that it was our brother the Quetzal bird, Quetzal Tototl, running to the river, picking up small drops of water in his beak, then returning to the fire to throw that tiny bit of water on the flame. Owl approached Quetzal bird and yelled at him: "What are you doing brother? Are you stupid? You are not going to achieve anything by doing this. What are you trying to do? You must run for your life!"

Quetzal bird stopped for a moment and looked at owl, and then answered: "I am doing the best I can with what I have."

Mat Chats

Good Habits

Week 1. Self discipline

Week 2. Dinner before dessert

Week 3. Taking responsibility

Week 4. Wherever you are... Be there!!!



It is remembered by our Grandparents that a long time ago the forests that covered our Earth were saved from a great fire by a small Quetzal bird, an owl, and many other animals and people who got together to put out the fire.

Source: "Turning To One Another" by Margaret Wheatley



The Chinese farmer

There is a Chinese story of an old farmer who had an old horse for tilling his fields. One day the horse escaped into the hills. When all the farmer's neighbours sympathised with the old man over his bad luck, the farmer replied, 'Bad luck? Good luck? Who knows?'

A week later the horse returned with a herd of wild horses from the hills and this time the neighbours congratulated the farmer on his good luck. His reply was, 'Good luck? Bad luck? Who knows?'

Later, when the farmer's son attempted to tame one of the wild horses, he fell off its back and broke his leg. Everyone thought this was very bad luck. Not the farmer, whose only reaction was, 'Bad luck? Good luck? Who knows?'

Some weeks later the army marched into the village and forced every able-bodied youth they found there into service. When they saw the farmer's son with his broken leg they let him off. Now was that good luck? Bad luck? Who knows?

Theme of the Month: Kicks!!!

All month long in our classes we will be practicing kicks. We will practice snap kicks, thrust kicks, round kicks, all kinds of kicks! The goal this month is to improve everyone's kicks on all levels; Speed, accuracy, power, and all around technique.

We will have many new and unique kicking drills and games to keep it fun and interesting.



Saturday, October 21st, there will be Zen Bei Butoku Kai (ZBBK) exams held in Soquel, CA at Sanford's Traditional Martial Arts. (4626 Soquel Dr. Soquel, CA 95073)

Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.


These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.

October 2017



(408) 871-8180

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Practice at home!	2 Leadership Class	3	4	5	6	7
8 Practice at home!	9 Adult Advanced Class	10	11	12	13	14
15 Practice at home!	16 Leadership Class	17	18	19 <u>Testing</u> Regular class times Thurs & Fri	20	21 ZBBK EXAMS
22 Practice at home!	23 Adult Advanced Class	24	25	26	27	28
29  (You know)	30 Leadership Class	31				